

St. Peter Senior Center

July 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 FOOT CLINIC 10:00 PALS 1:00 (500 Cards) 1:15 Bridge	3	4  5 Senior Center CLOSED July 4th and July 5th for Independence Day!	6 9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine	
7	8	9 1:00-4:00 Sr. Dance @ the Legion 10:00 PALS 1:00 (500 Cards) 1:15 Bridge	10 GAC Buffet 11:15-12:30	11 3:00-4:00 NAPS 2:30-4 Medicare Help 10:00 PALS 1:00 Men's Cards	12 1:30 Pfeffer	13
14	15	16 FOOT CLINIC 10:00 PALS 1:00 (500 Cards) 1:15 Bridge	17	18 10:00 PALS 1:00 Men's Cards	19 1:30 Pfeffer	20
21	22	23 10:00 PALS 1:00 (500 Cards) 1:15 Bridge	24	25 10:00 PALS 1:00 Men's Cards	26 1:30 Pfeffer	27
28	29	30 1:00 (500 Cards) 1:15 -Bridge	31 4:00-6:00 "Welcome to Medicare"		See August calendar on other side 	



St. Peter Senior Center

August 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 3:00-4:00 NAPS 2:30-4 Medicare Help 1:00 Men's Cards	2	3 9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine
4	5	6 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	7 ————— Nicollet County Fair August 7-11 —————	8 1:00 Men's Cards	9 Senior Day@ theFair 1:00-program NO Pfeffer	10
11 —————	12	13 Senior Dance @ the Legion 1:00-4:00 1:00 (500 Cards) 1:15 Bridge	14 GAC Buffet 11:15-12:30	15 1:00 Men's Cards	16 1:30 Pfeffer	17
18	19	20 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	21	22 1:00 Men's Cards	23 1:30 Pfeffer	24
25	26	27 1:00 (500 Cards) 1:15 Bridge	28 	29 7:45 am- 5:00pm- State Fair Trip 1:00 Men's Cards	30 1:30 Pfeffer	31 
30						

Monthly/Weekly Activities

St. Peter Senior Center

600 South Fifth Street, Suite 219 934.7434 or 934.0667

Sylvia Perron, Senior Center Coordinator

Breakfast at The River

No Breakfast in July
Or
August

Enjoy the Summer!



Returning in September

Medicare/ Insurance Counseling Help

1st Thursday of each Month 2:30-4pm

July 11 & Aug 1 @ the Sr. Center

One-on-One Help. No appointment needed.

N.A.P.S.

Nutrition Assistance Program for Seniors

Sponsored by Second Harvest

Call to pre-qualify 1-800-365-0270

Pick up food at
the Senior Center on:
Thurs., July 11th & Aug 1st
3:00 ~ 4:00 p.m.

Foot Clinics

Tues., July 2nd & Tues., July 16th;

Tues., Aug 6th & Tues., Aug 20th

Community Center

Rm #215 (enter door B)

Fee: \$23.00

Call 934-0667 for an appt.



500 Cards-Tues. @ 1pm
Bridge-Tues. @ 1:15pm
Men's Cards- Thurs. @ 1pm
Pfeffer- Fri @ 1:30 pm



BUFFET LUNCH AT GUSTAVUS

Wed., July 10th & August 14th
11:00—12:30

Senior
Price \$6.00



No registration required just come and
enjoy a great lunch

Visit The Bookmark for Discounts.
Sponsored by The Senior Center , GAC Bookmark &
The Dining Service

Dance...Dance...Dance...

Tuesday, July 9th— 1:00 p.m.-4:00 p.m.

Music by: Lyndon Peterson

Tuesday, August 13th— 1:00 p.m.-4:00 p.

Music by: Don Sieberg/Betty Goettl

American Legion—229 West Nassau, St. Peter

Cost: \$5 .00

Sponsored by the St. Peter Senior Center



P.A.L.S.
Partners in Active Living for Seniors

ENHANCE
FITNESS

August & September
(dates to be determined)

Watch for further details the beginning of August

Other Events

Welcome to Medicare

WEDNESDAY, July 31st 4:00-6:00pm

The Minnesota River Area Agency on Aging will be teaching an introductory class on Medicare.

Register by calling Robin Thompson at
1-800-333-2433 (ext. 82016)



Nicollet County Senior Transportation

Rides are provided to those who are in need of transportation to a medical appointment, in St. Peter, N.Mkto, Mkto & the surrounding areas. Trips may also include Rochester or the Twin Cities area.

Call Sylvia @ 934-0484
one to two days prior to appointment

Donations are accepted
for this service

Volunteers Needed!

Volunteers needed @
the Nicollet Co. Fair
Aug. 8-11, 2013

Volunteers would work a
2 hr. shift to watch
Johnson Hall exhibits.
For more information or
to sign up contact Joni
Anderson @ 507-380-6691

Nicollet County Fair "Senior Day"



Friday, August 9th

The 2013 Outstanding Seniors, Farm Family and Century Farms will be announced in the Johnson Hall @ 1:00pm.

Entertainment & Refreshments provided

Make sure to visit the Nicollet County Fair this year!...
Wed., August 7th -Sun, August 11th.

"The Great Minnesota Get-Together"

Join us for a great day
@ the State Fair!

When: Thursday, Aug., 29, 2013

Departing @7:45 am

Returning @5:00 pm

Cost: \$25.00

(includes entrance fee & transportation)

Questions? or to sign up for this trip!!

Call 931-3310.

Sponsored by Nicollet County Bank



AARP Driver's Safety Classes Classes meet in the St. Peter Community Center

4hr. Tues., July 30 1:15-5:15pm

4hr. Tues., Aug 20 1:15-5:15pm

4hr. Tues, Sept 24 5:45-9:45pm

8hr.—Both Tues. & Wed. July 16 & 17 5:45-9:45pm

Register by contacting Community and Family Ed. @ 934-3048.
online at www.stpetercommunityedonline.com

Alzheimer's / Dementia Support Meetings

July 6th & August 3rd

Time: 9:30-11:00 am

Location: Benedictine Living

Community Activity Room

1907 Klein St., St. Peter

Questions? Contact Molly
Wendroth @ 934-8283
or Jane Anderson @ 934-8817



SAVE THE DATE!

SEPTEMBER 19, 2013

2:00-4:00 pm

ST. PETER BOOMERS & BEYOND
EXPO @ THE COMMUNITY CENTER
600 S. Washington Ave., St. Peter

WATCH FOR FURTHER DETAILS!

This newsletter is a collaboration of: Nicollet County Senior Services & the St. Peter Senior Center.

Please call Sylvia at 934-0484. If you would like to receive this newsletter by mail or email or have your name removed from the list.

